

Fury Performance Training is a comprehensive program designed to increase the speed, strength, skill and physical performance of all participants. This program will start this Spring, continue through the Summer, and be included in the Fall Chicago Fury program. The Chicago Fury has hired Jeff Blindauer MS, CSCS, USAW as a full time athletic trainer to administer the program designed by Kevin Ziegler. A sophisticated analytical computer model will be used to design a customized workout for each athlete, which will allow each individual athlete to maximize their gains. This is a year round training system which will be used to guide each athlete to their optimal level of performance in the off season, as well as, the playing season. Kevin has designed this type of program for NHL, College, and USHL teams. These teams have gone on to compete in events such as the World Championships, Frozen Four, Olympics and the Stanley Cup.

(Jeff & Kevin's bio's can be found on the Chicago Fury website)

**\*\*\*Squirts will start in our Summer program and continue through Fall & next Spring\*\*\***

**Feb 17th at 6:30pm  
in the Original Six Bar & Grill**

Kevin Ziegler and Jeff Blindauer will be giving a full presentation on the Fury Performance Training program. After the presentation they will be available to answer questions.



**2010 SPRING  
TRAINING**

**SQUIRTS  
2000-2001**

# CHICAGO FURY 2010 SPRING SQUIRT PROGRAM

# APPLICATION

Send completed application to:

Chicago Fury, C/O Arctic Ice Arena  
10700 W. 160th Street, Orland Park, IL 60467

Tel 708-403-4231 or 708-403-2640 Fax 708-403-4248

PLEASE  
PRINT

PLAYER \_\_\_\_\_  
PARENT/GUARDIAN \_\_\_\_\_  
STREET \_\_\_\_\_  
CITY \_\_\_\_\_  
STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE (HOME) \_\_\_\_\_ (DAD CELL) \_\_\_\_\_  
(MOM CELL) \_\_\_\_\_  
EMAIL 1 \_\_\_\_\_  
EMAIL 2 \_\_\_\_\_  
BIRTH DATE MM/DD/YY HT \_\_\_\_\_ WT \_\_\_\_\_  
USA HOCKEY # \_\_\_\_\_  
POSITION: Goal \_\_\_\_\_ Forward \_\_\_\_\_ Defense \_\_\_\_\_  
LAST YEARS ORGANIZATION \_\_\_\_\_  
LAST YEARS LEVEL: (Circle one) Bze Silv Gold CSDL AAA

## PROGRAM FEES

SQUIRTS  \$395 Fury/Vikings  \$450 Non-Fury/Vikings

## PAYMENT

Please indicate the method of payment :

CASH  CHECK  CREDIT CARD

Amount Enclosed \$ \_\_\_\_\_

NOTE: Do not forward cash payments with mailed applications. All returned checks are subject to a \$25 service charge.

Make checks payable to: **CHICAGO FURY AAA**

Credit Card Users Only:

Visa  MasterCard  Discover  AMEX Exp. \_\_\_\_/\_\_\_\_

Card #

Full Name of Cardholder (Please Print) \_\_\_\_\_

Signature of Cardholder \_\_\_\_\_

## WAIVER

Hold Harmless Agreement

I agree to release Arctic Ice Arena and any of its respective affiliates, owners, members, shareholders, subsidiaries, directors, officers, employees, and all agents from claims, actions, causes of actions, damages to or by the undersigned person, their parents/guardians for loss of injury resulting directly from the participation of such person in this program. I further agree to indemnify and save harmless such parties from claims, actions, damages or demands, from such participation in this program, including all costs and expenses incurred in defending any such claims or actions. I have read the release and understand this is a full final release of claims for injury and damages sustained in Arctic Ice Arena and have read over the agreement and understand the responsibilities I have assumed thereunder.

I also agree that my name and image may be used in perpetuity in any photographs, motion picture films, television broadcasts, and/or in any radio broadcasts of Arctic Ice Arena without payment of funds to holder in connection therewith.

Print Player Name \_\_\_\_\_

Signature \_\_\_\_\_

Print Parent/Guardian Name \_\_\_\_\_

Signature \_\_\_\_\_

# April 5 – May 12 Mondays & Wednesdays

# 16 Hours of Training!

## SQUIRTS (2000-01's)

### On-Ice 5:40pm – 7:00pm

### Fury/Vikings: \$395

### Non-Fury/Vikings: \$450

If you have a Goalie enrolled in the Spring program, you will get 3 – 1 hour Goalie clinics